



access to sport

CPIISRA NEWS

Official Newsletter of the
Cerebral Palsy International Sports and Recreation Association

Summer is here and we have the return of competitions and events after COVID-19

Since the last time I wrote an article for the newsletter, it really does feel that the world is beginning to open again after the COVID-19 Pandemic. It was great to see our Indian member CPSFI hold its Athletics Championships in May for the first time since lock down, and in Spain earlier this month FEDPC held its slalom championships with over 50 competitors.



It has been a busy time for CPIISRA as well, with a teenage recreational camp held in April and planning for the family camp in August and an adult camp in September at an advanced stage. This recreational camp concept has been very successful and CPIISRA is keen to support our members develop similar activities in their respective counties.

The merger talks with IWAS continue in a positive fashion. Joint members' meetings were held in April where a draft strategic plan and membership policy for the new organisation was presented. Both documents were well received and certainly gave us a platform to build from. The consultation process will continue throughout these negotiations, and we hope to hold our next joint meeting of members in early July.

As you will see from elsewhere in this newsletter our Erasmus RUNFREE project has concluded. I believe the resources developed are of the highest quality and all the partners should be very proud of their contribution to this project. The resources associated with this project are available at <https://cpisrarunfree.com/>. The focus of this project was obviously Frame Running but in terms of the entry-level competition and have a go day resources, they are transferable to other sports our members may be developing.

The series of Introduction to Frame Running webinars that CPIISRA ran in the spring as part of the RUNFREE project proved very successful with almost 100 people participating. CPIISRA hope to run another series of these webinars in the Autumn. If you are interested in attending, look out for details in our social media posts.

Finally, the IWAS World Games are scheduled to take place in Vila Real de Santo Antonio, Portugal (23-29 November 2022). As a sign of our ever-closer collaboration with IWAS, CPIISRA is playing an active part in the planning of this event and one of our Development Managers accompanied the IWAS team on a site visit to the venue last month. We are looking forward to attending the games and supporting our participating members there later this year.

Craig Carscadden, CPIISRA Chief Executive and President

RUNFREE - FRAME RUNNING RESCOURCES AVAILABLE NOW



The RUNFREE funded project is coming to an end, but the resources will continue to be updated and developed over time.

We held our final meeting on the 22nd June and all current information is on the RUNFREE website:

<https://cpisrarunfree.com/>

This includes everything you require to hold a "Have a Go" Day, Entry Level Competition, materials for holding a coaching workshop and resources to raise awareness of Frame Running.

TEEN CAMP

In April we held our first UK CPISRA Teen Recreation camp in the Lake District. 10 teenagers and a parent joined us for 4 days of fun and laughter! Everyone took part in all the activities including climbing, abseiling, zip wire, tubing sliding and canoeing. On the final evening, we had a campfire toasting marshmallows and were even singing songs! It was fantastic to see so many teenagers and their parents bond as a group and new friendships formed.

The camp has shown us there is a need for this type of activity, especially for this age group where many may have experienced negative things in school. We are looking forward to our other recreation camps in 2022 and the next teen camp in 2023.

We received so many positive comments including, "We had the best time ever, such an amazing experience that we will remember forever", "We enjoyed every minute of the camp. It meant so much to have everything so inclusive and *** got to try things we thought were impossible"



INDIAN NATIONAL CHAMPS

Our Indian members, CPSFI, held their national athletics championships from 4-7th May 2022 at the Jawaharlal Nehru stadium. They saw over 250 people involved including 150 athletes. The event was held in partnership with the Athletics Federation of India who provided support to deliver the championship by providing technical officials and volunteers as well as links to the Delhi State Athletics Association for their additional support.



CPISTRA STAFF UPDATE

The CPISRA team is expanding and we are really pleased to welcome Gavin Drysdale as Project Officer. Gavin is an international Frame Runner and brings a lot of personal experience to the team. Gavin started in April and will be leading on the CPISRA Adult camp, has been fundamental in restarting the blog series on our website and social media and will be involved in planning the 2023 CPISRA Conference.



WEBSITE BLOG CALL

At the start of May, CPISRA re-launched our blog! Our blog shares sporting and recreational stories written by people with Cerebral Palsy and/or related conditions from all over the world. So far, we have published 4 incredible blogs and are looking forward to publishing more in the upcoming months. If you are interested in writing a blog for CPISRA, please contact Gavin by email on gavin.drysdale@cpisra.org.

You can access our Blog via
<https://cpisra.org/blog/>

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information they'd like to
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